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## Public Health Practices That Work in Public Housing

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*Abstract:* Public housing developments are geographically distinct neighborhoods with alarmingly high rates of obesity and related chronic health problems. Consequently they are ideal environments to implement chronic disease prevention programs. Fortunately, in Washington, there are several successful prevention programs being delivered in public housing. The purpose of our presentation is to describe these ‘best practices’ and the ins and outs of delivering them within a public housing context. Our objectives are to:

- Clarify the link between public health and public housing
- Discuss ways to bridge the two sectors including how to mobilize the support of housing staff and residents
- Describe health promotion programs successfully operating within public housing
- Provide practical tips and resources to support the development and implementation of these programs

We will highlight the following best practices:

- Shop arounds are interactive tours of grocery stores to show people how to find foods high in fiber and nutrients and low in sugar, saturated fats and salt.
- Community gardens are land cultivated by a group of people. They provide fresh fruits and vegetables and bring communities together and empower gardeners..
- Community kitchen is a group of individuals who meet regularly to cook healthy, nutritious meals. They are a place to connect with other community members, learn new skills and have some healthy food
- Promoters provide culturally appropriate health education and guidance regarding recommended preventive care, health insurance, and linkage to medical and dental homes.

We will conclude by showing how these best practices help to create healthy communities for people most affected by health disparities.